



Loyal Heights

COMMUNITY CENTER

2101 NW 77th St 🐾 Seattle, WA 98117 🐾 206-684-4052 🐾 Fax: 206-684-4053

Fall 2006 🐾 September 18 to December 31, 2006



Visit us on the web: www.seattle.gov/parks/centers/Loyalhtd.htm



REGISTER ONLINE - it's easy!

www.seattle.gov/parks



SPARC



Loyal Heights Community Center

2101 NW 77th Street

Seattle, WA 98117

Phone: 206-684-4052 Fax 206-684-4053

Visit us online at www.seattle.gov/parks!

Hours of operation

Monday, Wednesday, & Friday 1 to 9 p.m.

Tuesday & Thursday 10 a.m. to 9 p.m.

Saturday (beginning September 9) 10 a.m. to 5 p.m.

Sunday Closed

Program Registration

Registration begins August 14, 2006.

Program Dates

September 18 to December 31, 2006

Holiday Closures

Monday, September 4, Labor Day

Friday, November 10, Veterans' Day (observed)

Thursday, November 23 and Friday, November 24,
Thanksgiving Holiday

Monday, December 25, Christmas Day

Monday, January 1, New Year's Day

Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate and build community.

You Can Make a Difference

The Loyal Heights Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables Loyal Heights Community Center to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Our Advisory Council is always looking for new members. Meetings are held the fourth Wednesday evening of every month at 6:30 p.m. to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact Jeff Skinner at 206-684-4052.

Most classes, workshops, sports, and special events are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

Advisory Council Officers

David Martin, Chairperson

Cheryl Dyer, Vice Chairperson

Scott Shinn, Secretary

Ben Hanisko, Treasurer

Advisory Council Members

Morry Browne

Stu Frothingham

Kelly Bryant

Maria Luisa Germani

Kim Carroll

Scott Shinn

Jay Dodson

Judy Tangen

David Eggenberger

Management Staff

Ken Bounds, Superintendent

B. J. Brooks, Deputy Superintendent

Christopher Williams, Operations Division Director

Maureen A. O'Neill, North Recreation Manager

Center Staff

Jeff Skinner, Recreation Center Coordinator

Chris Easterday, Assistant Center Coordinator

Connor Durham, Teen Development Leader

Thao Huynh, Building Maintenance

Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

We want to hear from you!

Is there a class you would like to see offered at Loyal Heights Community Center? We welcome your input. Please let us know of any suggestions and/or comments to help us expand our programming. If you know of someone who would be interested in teaching a class, please include a name and phone number as well. Thank you for your participation in this process!

Instructor Search

Loyal Heights Community Center is in the process of adding enrichment programs in the performing and visual arts to compliment its other programs and services. We are looking for artists to teach toddlers, youth, teen, or adult classes. If you have a special program that you would like to offer, please send a proposal and resume to Loyal Heights Community Center.

You can now register online!

To get started, you need to:

1. Come into the Community Center and get your barcode and PIN number. You will need to provide us with a picture ID to obtain this information.
2. Go to <http://egov1.seattle.gov/parks> and follow the directions to register.
3. You will not be able to register for the following classes online: Piano, Guitar and Singing Lessons; Preschool; fall/winter sports.

We hope you enjoy this convenient new feature!

Special Events

Gypsie Nation

These playful village dances require no previous experience, and are rituals for self-exploration, healing and community building. They are free-form ecstatic dances supported by an exotic tapestry of indigenous World music. For more information, see www.gypsienation.com or call: 206.216.1722.

Sundays 10 a.m. – 12:30 p.m.

Massage Therapy Workshop

**\$70/person
\$125/couple**

Interested in massage as a way to relax? Are you drawn to helping others, or looking for a sacred way to connect with the loved ones in your life?

Loyal Heights is offering an 8-hour Introduction to Swedish Massage class. This class is for those who would like to learn the basics of massage, and for those who are thinking of possibly doing massage as a career choice.

Ages 18 and older

#9917 Sat, Nov 11 9 a.m. – 5 p.m.

Location: Room 4

Halloween Carnival

Traditional community carnival with lots of themed game booths loaded with prizes. Dress up in your favorite Halloween costume and have a spooktacular time! Ballard CC welcomes Loyal Heights Community Center in a combined carnival.

Be sure to bring a bag for all of your goodies! Popcorn will be sold for 25¢ a bag.

Ticket Price: 25¢ each or 5 for \$1.00

Ages 10 and under

Fri, Oct 28 6 – 8 p.m.

Location: Ballard CC Gym



Chess Tournament

Free

A wonderful game of strategy-checkmate! All ages are welcome. The Fall International Chess Tournament will be held at Loyal Heights Community Center. Coffee, punch and treats provided. Matches will be set up in age brackets; winners will receive first place trophies. Bring a lunch and a chess set if you have one. Registration will happen at 9:00 am at the door. For more information call (206) 783-4935.

Ages All

Fri, Nov 17

2:30 – 4:30 p.m.

Argosy Christmas Ship

Free

Come down to the Ballard Locks and sing your favorite Christmas carols. Keep warm with hot cocoa and cider provided by the Loyal Heights Advisory Council located near the Ballard Locks.

Ages All ages

Thu, Dec 14

7 – 8 p.m.

Friday Nights at Loyal Heights

Come down to Loyal Heights Community Center every Friday for a different family activity! We will be hosting all sorts of events. It's sure to be fun for the entire family. For more information, please see page 6.

Sep 15: Golden Gardens Bonfire

Sep 22: SOAR (Zoo)

Sep 29: Autumn Stories

Oct 6: Incredible Insects and Tooth Sleuth

Oct 13: Pumpkin Carving

Nov 3: Dinner and a Movie: *Cars*

Nov 17: Scrapbooking

Dec 1: Drop 'n' Shop with Santa's Helpers

Dec 8: Family Wreath Making

Dec 15: Dinner and a Movie: *Nutcracker*

Toddlers/Preschoolers

Toddler Open Gym

\$1/child

There are tons of toys and equipment to play with that are safe and lots of fun! Bring your children to play and make friends! Please pay the entrance fee at the front counter.

Scheduled times subject to change.

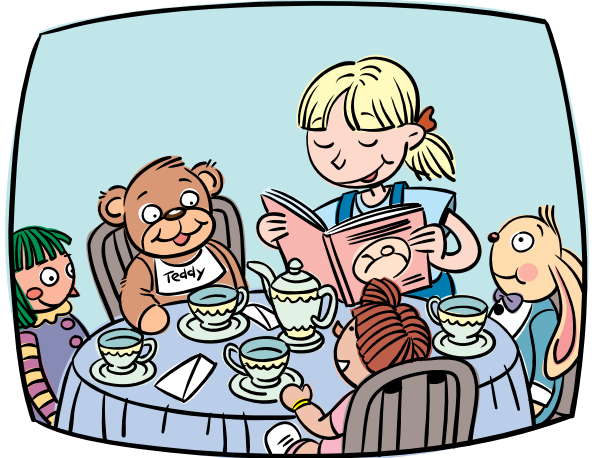
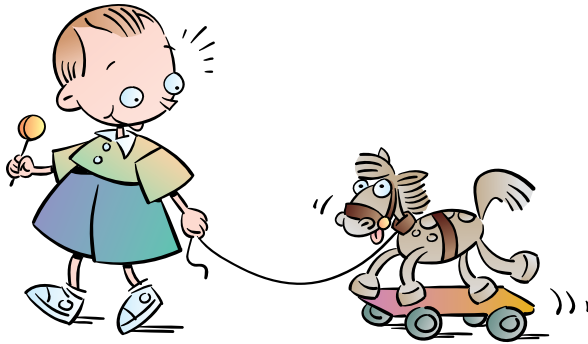
22-visit punch card also available for \$20.

Tue/Thu

10 a.m. – 2 p.m.

Saturday

9 – 11 a.m.



Teddy & Me Tea Party

\$15

Bring your favorite stuffed animal, doll or not, and join us for an afternoon of fantasy and fun! You will learn some etiquette at high tea, then be creative with an arts and crafts project, enjoy story time, and more! The hostess will be one of our preschool teachers.

Ages 4 – 8

#9924

Sat, Oct 7

11 a.m. – 12:30 p.m.

Location: Room 4

Ross Shelterhouse

Ross Shelterhouse Rentals

Seattle Parks and Recreation has completed the Ross Shelterhouse Improvement Project. The project includes the Parks Department's first green roof, which was funded by Seattle Public Utilities.

Improvements to the building include upgrading the community meeting room with better furnishings, heat, light, and storage; adding a community notice board; improving, upgrading, and increasing ADA access to bathrooms and the community room; upgrading building utility services; improving landscape and building access; and upgrading building code compliance.



This facility is now ready to rent for birthday parties, summer picnics, community meetings, classes, or other events. Please contact Loyal Heights Community Center staff at 206.684.4052 for cost and availability.

Ross Shelterhouse

4230 4th Ave NW ■ Seattle, WA 98107

For information on other great rental sites visit the Seattle Parks and Recreation website at

www.seattle.gov/parks/reservations/Facrentalguide.htm

Loyal Heights Preschool (2006 – 2007 Year)

2006 – 2007 Registration

Register now for fall. Registration is on a first-come, first-serve basis. A \$25 non-refundable, non-transferable fee is required at the time of registration to hold your spot. This fee is collected to help offset the cost of the registration process and does not apply to the class fee.

Payment: Monthly payments are due on the 25th of the preceding month. A late fee of 10% of the monthly payment will be charged after the 25th. Payments can be made at the front desk during business hours: Monday, Wednesday, and Friday, 1 to 9 p.m.; Tuesday and Thursday, 10 a.m. to 9 p.m.; Saturday, 10 a.m. to 5 p.m. Checks may be left with the building monitor after hours or credit card payments may be made over the telephone during regular operating hours before 8 p.m.

Child must be class age as of August 31, 2006.

Parent/Child Playgroup \$165/qtr

This class is geared to enable caregivers a time to relax and talk with other adults while their children enjoy sensory, art, and music activities. Older siblings half-price, siblings under 1 free.

Age: 18 mos. to 3½ years

Fridays 9:30 – 11:30 a.m. Rooms 3 & 4

Two Day 2's (Tadpoles) \$124⁵⁰/mth

Two-year-olds learn to share and interact with other children in a safe and nurturing environment.

Age-appropriate curriculum includes free play, art, sensory, music, stories, and small/large motor skills. Come join the fun! Min 6/Max 6.

Tue/Thu 9:30 a.m. – Noon Room 1

Co-op 2's (Cubs) \$54/mth

Learning through art, stories, music, sensory activities, and cooperative playtime. This simplified co-op requires only that each parent stays in class twice during the quarter. Join us for a great beginning to your child's preschool experience. Min 10/Max 10.

Thursdays 9:30 a.m. – Noon Room 4

Two Day 3's (Grizzlies) \$148/mth

Come to preschool to make friends and have fun! Artwork, stories, songs, sensory and small and large motor skills will be explored. Three-year-olds will make lots of discoveries in this responsive, positive environment. Min 8/Max 8.

Tue/Thu 9:30 a.m. – 12:30 p.m. Room 5

Three Day 3–5 year olds (Chipmunks) \$220/mth

Drop off your 3 year old for three hours of preschool learning in a safe and nurturing environment. Arts, literacy, math, science, stories, small/large motor skills, and music are all a part of this fun-filled day. Most importantly, we focus on cultural diversity. Must be potty trained. Mix 6/Max 8.

Mon/Wed/Fri 9:30 a.m. – 12:30 p.m. Room 1



Three Day 3's Co-op (Bears) \$220/mth

Learning through art, stories, music, sensory activities, and cooperative playtime. Class will also include introduction to the alphabet and numbers. Join us for a fun time learning and sharing with friends. This is a simplified co-op with no evening meetings, no board positions, and no detailed job assignments. Must be potty trained. Min 8/Max 10.

Mon – Wed 9:30 a.m. – 12:30 p.m. Room 4

Three Day Pre-K (Ravens) \$220/mth

Arts, science, math, songs, drama, language, and social studies for 4 and 5 year olds. Experience cooperative learning with other children and parental connection that enhances confidence and self-esteem. This is a simplified co-op with no evening meetings, no board positions, and no detailed job assignments. Min 8/Max 10.

Mon/Wed/Fri 9:30 a.m. – 12:30 p.m. Room 5

Morning Pre-K Co-op (Raptors) \$295/mth

Brighten up your morning. This classroom for 4 and 5 year olds weaves art, music, math, science, drama and language arts with exciting themes. Children will experience the fun of making new friends and playing together in a creative learning environment. This is a simplified co-op with no evening meetings; no board positions and no detailed job assignments. Min 6/Max 10.

Mon – Thu 9:30 a.m. – 12:30 p.m. Room 3

Friday Nights @ Loyal Heights!

Come down to Loyal Heights Community Center every Friday for a different family activity! We will be hosting all sorts of events. It's sure to be fun for the entire family.

Golden Gardens Bonfire

Free

We will enjoy a beach walk at Golden Gardens followed by a bonfire with marshmallows and a guitarist.

Fri, Sep 15

6:30 – 8:30 p.m.

SOAR (Zoo)

\$3 ea/\$10 family

Tonight we will enjoy the Woodland Park Zoo's Owl program. This program introduces children to the fascinating world of owls and their adaptations for nocturnal hunting. Visual and auditory props are incorporated to engage the interest of younger children.

Fri, Sep 22

6:30 – 8:30 p.m.

Autumn Stories

Free

This evening we will enjoy Autumn stories told by a Seattle Public Library's Ballard Librarian.

Fri, Sep 29

6:30 – 8:30 p.m.



Incredible Insects and Tooth Sleuth

\$3 ea/\$10 family

Tonight we will enjoy a visit from Pacific Science Center's Incredible Insects and Tooth Sleuth outreach programs.

Fri, Oct 6

6:30 – 8:30 p.m.

Location: Room 2

Pumpkin Carving

\$5/pumpkin

Carve a family pumpkin, enjoy refreshments, watch cartoon videos, and we'll clean up the mess! Sponsored by Crown Hill Safeway.

Fri, Oct 13

6:30 – 8:30 p.m.



Dinner and a Movie: Cars

\$3 ea/\$10 family

Enjoy a wholesome family meal while viewing the movie *Cars*.

Fri, Nov 3

6:30 – 8:30 p.m.

Scrapbooking

\$7/scrapbook

Create lasting family memories with tonight's scrap booking event, just in time for the holidays.

Fri, Nov 17

6:30 – 8:30 p.m.

Drop 'n' Shop with Santa's Helpers

\$18/child

Santa's helpers will be on hand to watch your precious ones while you get some holiday shopping done. Dinner will be provided.

Ages 2 and up

Fri, Dec 1

6 – 9 p.m.

Family Wreath Making

\$5/wreath

Create a family wreath for the holidays. We clean up the mess and supply the fresh pine, fir, cedar, and holly, as well as the ribbon, and decorations.

Fri, Dec 8

6:30 – 8:30 p.m.

Dinner and a Movie: Nutcracker

\$3 ea/\$10 family

Enjoy a wholesome family meal while viewing the movie *Nutcracker*.

Fri, Dec 15

6:30 – 8:30 p.m.

Youth Basketball

Little Beavers with Hoopaholics and Michael Johnson \$65

Ages 6 & 7

Note: you must register at the community center for this program. Little dribblers is designed to help young basketball players develop basic skills, footwork, a sense of team play, and self-confidence in a fun and safe environment. The beginning seven weeks will serve as skill building classes and the eight and final week will be a round robin of games between community centers. This will give the young players a chance to develop some skills and confidence and then a chance to use them in competition. For Boys and Girls ages 6 & 7. Age as of August 31, 2006.

***Please note: Due to the Loyal Heights CC maintenance closure, Little Beavers will meet at Ballard CC on October 21 & 28.**

Session 1

#11232 Sat 11:30 a.m. – 12:25 p.m. 9/23 – 11/11*

Session 2

#11233 Sat 12:30 – 1:25 p.m. 9/23 – 11/11*

Little Beavers Jamboree

Join us as we end the Little Beavers season with a jamboree at Ballard High School! The Jamboree will also include players from Ballard, Bitter Lake, and Magnolia Community Centers.

Sunday, November 12 1:30 p.m.

Location: Ballard High School



CUB Basketball \$65

Note: you must register at the community center for this program. CUB league basketball is organized for youth ages 8 to 9 years old. Instruction, uniform, and games included.

Ages 8 – 9

Saturdays

10/7 – 1/20

Boys: #9818; Girls: #9820

Location: Gym

Loyal Heights 2006-'07 Basketball Citywide League \$65

Note: you must register at the community center for this program.

Registration for all players begins Saturday, October 7, 2006. Please register early since there are a limited number of teams.

The following items are due at the time of registration:

1. Payment
2. Proof of age*
3. 2006 – 2007 Youth Basketball Registration Form**
4. Youth Sports Registration Form**
5. Athletes For A Better World Contract**

*Age bracket determined as of August 31, 2006. Proof of age is required at the time of registration (i.e. Birth Certificate, Baptismal Certificate, School Data Sheet, Passport)

**these forms can be picked up at the front counter

Ages 10 to 17

Instructor: Volunteers

Oct 7 – Mar 31

Location: Gym

Registration Information

Age Group	Barcode	
	Boys	Girls
10	#9810	#9821
11	#9811	#9823
12	#9812	#9824
13	#9813	#9825
14 – 15	#9814	
16 – 17	\$9815	
14 – 17		#9826



Youth Athletics & Fitness

Just Starting Sports

\$75

Your little stars will learn the basics of basketball, soccer, t-ball, track and more in a fun and safe environment! This program is designed to build coordination and self-esteem in your child. Class size will be limited to 12 children. Please sign up quick, space is limited. Min 8/Max 12

Ages 4 to 7

#9845 Wed 6 – 7 p.m. 9/20 – 11/29

No class 10/16 – 10/30, 11/22

Location: Gym

Yoga for Kids!

\$85

Ages 4 – 6

This inspiring class will teach kids the fundamentals of yoga, and fun it will be. With a spirit of exploration we will stretch, strengthen, balance, and breathe! This will be a creative and expansive experience!

Location: Room 04

Ages 4 to 6

#9927 Sat 9 – 9:50 a.m. 9/23 – 12/2

No class 11/25

Ages 7 to 12

Location: Room 04

#9928 Sat 10 – 10:50 a.m. 9/23 – 12/2

No class 11/25

Indoor Nerf Soccer

\$45

Ages 5 to 7

Nerf soccer is a modified soccer game played in the gym. This recreation and instructional program for boys and girls emphasizes fundamental soccer skills.

Location: Gym

#11231 TTh 5:30 – 6:30 p.m. 9/21 – 12/5



Girls Volleyball

\$35

Ages 10 to 17

Bump, set, spike, and block! These are some of the skills you will learn in this challenging and exciting sport. Age group determined as of August 31, 2006. Teams will be divided into the following age groups: 10-11, 12-13, 14-17. Games will be played weekday evenings 5:30-7:30 p.m. (depending on the number of teams registered in the league). League play begins the week of September 18. Playoffs completed by November 20. **Note: you must register at the community center for this program.**

Location: Gym

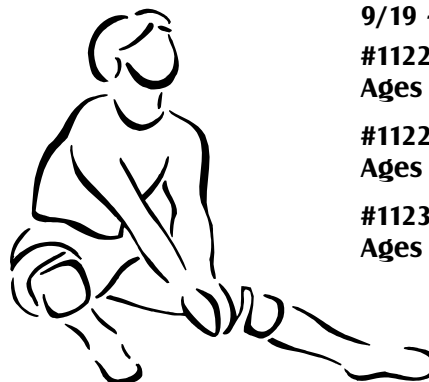


**Tuesdays
4 – 5:30 p.m.
9/19 – 11/21**

**#11228
Ages 10 to 11**

**#11229
Ages 12 to 13**

**#11230
Ages 14 to 17**



Flag Football

\$35

Ages 6 to 14

Practices start the week of Sept 11. Games will be on Saturdays from 9:30 a.m. to 3:30 p.m. (depending on the number of teams registered in the league). League play begins September 23. Playoff will conclude November 18. Jersey included. **Note: you must register at the community center for this program.**

Location: Outdoor Space

Saturdays 9:30 a.m. – 3:30 p.m. 9/16 – 11/25

#11226 Ages 6 to 7

#11227 Ages 8 to 9

#11224 Ages 10 to 11

#11225 Ages 12 to 14

All-Star Gymnastics

The All-Star gymnastic program believes in promoting self-esteem and creating self-confidence in children through the discipline of gymnastics. Emphasis is placed on building solid gymnastic skills, teamwork, social skills, reading readiness, self-esteem and music awareness.

All classes will host a performance on the last day of their class for the quarter in which parents are invited to observe.

Attire: Please dress your child in clothes that are snug. Leotards, catsuits, spandex, leggings, and tank tops are preferred. Please tie hair away from the face.

Big Dippers Walking – 2 years

This class offers fast-paced activities to coincide with limited attention spans. This class will cover an introduction to dance, music, and movement through play activities using both fine and gross motor skill movements. This class is designed to create a world of adventure for our young walkers to stimulate their muscle development, sense of rhythm, social interactions, independence, and body awareness.

Siblings Ages 2 to 5

This is a new class offered for families with two or more children, from ages 2 to 5, who desire both children to attend gymnastics in the same class.

Sunbeams Ages 2 to 3

A movement-education program for the preschool child with an emphasis on coordination and spatial awareness. Students will use preschool gymnastic equipment and be introduced to basic skills in gymnastics to develop coordination, strength, balance, and flexibility as well as learning social skills of taking their turn, taking directions, and working with others.

Moonbeams Ages 4 to 5

A movement-education program for the preschool child with an emphasis on coordination and spatial awareness. Students will use preschool gymnastic equipment and be introduced to basic skills in gymnastics to develop coordination, strength, balance, and flexibility as well as learning social skills of taking their turn, taking directions, and working with others.

Comets Ages 6 to 10

Beginner-level class introduces vault, uneven parallel bars, balance beam, and floor exercise. Class meets for one hour and gymnasts will spend approximately 15 minutes working on an event. Gymnasts will learn the basics and spend their time increasing flexibility, strength, and body awareness. A variety of teaching techniques and drills are used to enhance the learning process.



Gymnastics Time/Fee Schedule

Session Dates (8 week sessions)

Monday Classes Sep 18 – Dec 11

No classes 10/16, 10/23, 10/30

Wednesday Classes Sep 20 – Dec 13

No classes 10/18, 10/25

Friday Classes Sep 22 – Dec 22

No classes 10/20, 10/27, 11/10, 11/24

Saturday Classes Sep 23 – Dec 9

No classes 10/21, 10/28

Siblings Ages 2 to 5 \$93

#9908 Mondays 10:30 – 11:15 a.m.

#9909 Mondays 5:00 – 5:45 p.m.

#9910 Saturdays 10:00 – 10:45 a.m.

#9911 Wednesdays 4:30 – 5:15 p.m.

Big Dippers Walking – 2 years \$93

#9896 Mondays 9:30 – 10:15 a.m.

#9895 Mondays 2:00 – 2:45 p.m.

#9897 Saturdays 9:00 – 9:45 a.m.

Sunbeams Ages 2 to 3 \$93

#9914 Mondays 11:30 a.m. – 12:15 p.m.

#9916 Wednesdays 2:30 – 3:15 p.m.

#9912 Fridays 2:00 – 2:45 p.m.

#9913 Fridays 3:00 – 3:45 p.m.

#9915 Saturdays 11:00 – 11:45 a.m.

Moonbeams Ages 4 to 5 \$93

#9905 Mondays 1:00 – 1:45 p.m.

#9903 Wednesdays 11:30 a.m. – 12:15 p.m.

#9907 Wednesdays 1:30 – 2:15 p.m.

#9904 Fridays 1:00 – 1:45 p.m.

#9906 Saturdays Noon – 12:45 p.m.

Comets Ages 6 to 10 \$125

#9899 Mondays 4:00 – 5:00 p.m.

#9901 Wednesdays 3:30 – 4:30 p.m.

#9902 Wednesdays 5:30 – 6:30 p.m.

#9898 Fridays 5:00 – 6:00 p.m.

#9900 Saturdays 1:00 – 2:00 p.m.





Youth Performing Arts & Dance



Creative Dance

\$105

Hopping! Leaping! Twirling! Through fantasy and games, boys and girls learn basic movement skills and vocabulary such as hopping, leaping, gliding and stretching. Children will also be encouraged to work as a team and make individual choices in their expressive movement. Dancers should wear close fitting clothes with bare feet or ballet slippers.

Instructor: Chloe Davenport

Location: Room 2

Threes

#9844 Tue 12:30 – 1:15 p.m. 9/12 – 12/12

Fours & Fives

#9843 Tue 1:15 – 2 p.m. 9/12 – 12/12

Pre-Modern Dance

\$105

While fantasy and creativity are still at the root of this class, rhythmic and energetic modern dance exercises will help strengthen and stretch our bodies. Movement concepts such as space, force and rhythm will be explored through games that develop creativity. We will also learn specific dances to enhance our new understanding of those concepts.

Ages 4 – 6

Instructor: Chloe Davenport

#9919 Tue 3:30 – 4:15 p.m. 9/12 – 12/12

Location: Room 2

Ballet 3

\$230

This class is for kids who have completed one year or more of ballet or by teacher's permission. Students will continue to develop skills at the barre and center-work as well as their expressive abilities through creative/compositional assignments. Family and friends are welcome to join us on the last day for an open class.

Ages 8 – 12

Instructor: Chloe Davenport

#9805 Tue 5:15 – 6:15 p.m. 9/12 – 12/12

Thu 6:00 – 7:00 p.m. 9/14 – 12/14

Location: This class meets 2 nights per week.

The *Tuesday* class meets at Loyal Heights Community Center in Room 2. The *Thursday* class meets at Ballard Community Center.

Modern Dance

\$140

While fantasy and creativity are still at the root of this class, rhythmic and energetic modern dance exercises will help strengthen and stretch our bodies. Movement concepts such as space, force and rhythm will be explored through games that develop creativity. We will also learn specific dances to enhance our new understanding of those concepts.

Ages 7 – 9

Instructor: Chloe Davenport

#9918 Tue 4:15 – 5:15 p.m. 9/12 – 12/12

Location: Room 2



Youth Performing Arts & Dance

Private Piano and Organ Lessons for Youth and Teens \$240

Learn to play the piano and organ from an experienced professional teacher in weekly 30-minute private lessons. Includes sight-reading, technique, expression, theory, and chords. Lessons will be arranged with an instructor who has over 35 years of teaching experience and is a member of the Seattle Music Teacher's Association.



Instructor: Joyce Bailey

Ages 6 and older

Tue – Thu 5 – 6 p.m. Sep 19 – Dec 12

No classes Thanksgiving Week (11/20 – 11/24)

Location: Room 5

Guitar or Singing Lessons for Youth \$240

"Learn to play guitar, or sing at my age?" YOU BET! Once more: "YOU BET!" How about Bass Guitar, Blues Harp or Drums! A local professional artist brings his teaching expertise to Loyal Heights CC. You can learn beginning or continuing piano, guitar or singing. If the instrument you want play is not listed please call Bruce to make arrangements for an instrument that fits your ability.

Call 206-684-4052 to register for private 30 minute weekly sessions.

Fridays

4 – 9 p.m.

Sep 22 – Dec 22

No lessons

11/10 and 11/24



Teen Programs



Late Night for Teens! Free

Oh Yeah! The freedom to hang with your friends, roller-skate, swim, shoot some hoops or watch a movie. It's your weekend, let's start it off right. In north Seattle, Late Night is offered on Fridays from 7 p.m. until midnight and on Saturdays from 7 p.m. until midnight. Late night is for teens ages 13 to 19 years old! This awesome program takes place at our Annex at Broadview Thomson Elementary School, 13040 Greenwood Avenue North.

Fridays

7 p.m. – Midnight

Saturdays

7 p.m. – Midnight





Teens

Teen Council

Free

Can you throw a great party? Are you the highlight of any occasion? Do you want a future in event planning? Well here is your opportunity to have fun, gain valuable leadership experience, and earn service-learning hours!!

We bring the food and games and you bring your ideas for events, trips and programs. The staff will help you turn them into a reality! Some examples of past programs are dances, spaghetti dinner, casino nights, Discovery Beach cleanup, and many others! Interested?!? Come talk to Connor! Email him at connor.durham@seattle.gov or call 206-684-4052.

Instructor: Connor Durham

Ages 11 to 19

Thursdays 6 p.m. Sep 21 – Dec 21

Let's Serve

Sign up for the weekly service project trip with Loyal Heights. Each week we'll volunteer with a new organization to learn about the diverse ways to serve in our community. This is a great way to earn your service hours this Fall! Times vary, so check with your TDL for departure times. Each youth that completes 15 service hours each quarter will get to participate in a special field trip.

Art Attack!

Free

This ain't your normal art class! Every week we will be doing different projects and activities. We will be doing duct tape art, aerosol techniques, collage, theater improv, and any other arts styles! We will have one time projects as well as ongoing opportunities.

Instructor: various

Ages teens

Tuesdays 3 – 4:30 p.m. Sep 12 – Dec 12

Location: Teen Room

Teen Open Gym

Free

Come down to Loyal Heights to have the gym all to yourself. You can relax from the week, shoot some hoop and chill with your friends.

Mon/Wed/Fri 3 – 5 p.m.

Teen Weight Room

Free

Learn about fitness, health, and nutrition. Set your own personal goals and reach them.

Tue/Thu 3 – 5 p.m.

Teen Grub Club

Hungry? Nothing in the house to eat? Come to Loyal Heights and get your grub on! You bring a dollar and we supply the equipment, ingredients, recipe and instructor to make your own snack.

Tuesdays 5 – 6:30 p.m. Sep 14 – Dec 14

Fees: \$1

Teen Jobs

Loyal Heights Community Center is looking for teenagers age 14 and over to work with us this basketball season. We have positions for concession workers and basketball scorekeepers. Please submit a cover letter and resume to Chris Easterday, Assistant Coordinator.

If you have questions or need help with resume writing, ask Connor (Teen Leader) to help you out!

Red Cross Babysitting

\$38

Learn how to be a great babysitter acquire skills to make babysitting a fun and safe. To register call 323-2345

Sat, Oct 7 10 a.m. – 5 p.m.

Teen Girl's Self Defense Workshop

\$5

This three hour workshop will cover boundary setting, basic strikes, safety planning, awareness, and getting out of common grabs.

This class will be taught by a Home Alive Instructor.

Home Alive is a Seattle based anti-violence non-profit organization that offers affordable self-defense classes and provides public education and awareness. We believe violence prevention is a community responsibility as well as an individual issue. Our work in self-defense encourages everyone to recognize their entitlement to the basic human right to live free from violence and hate. Our goal is to build a cultural and social movement that puts violence in a context of political, economic and social oppression, and frames safety as a human right.

Sat, Oct 14 2 – 5 p.m.

Need more info?

For more information about teen programs, please contact Teen Development Leader Connor Durham by phone. 206-684-4052, by e-mail, connor.durham@seattle.gov, or just stop by the Center.

Teen Field Trips



Friday Bounce

Each Friday meet at Loyal Heights for our weekly teen field trip. Sign up early each week to hold your spot!

Golden Gardens Bonfire/Service Project

Free

Fri, Sep 15 6 – 9 p.m.

Puyallup Fair

\$7

Bring additional money for fair food and rides!

Fri, Sep 22 3:30 – 9 p.m.

Mariners vs. Texas Rangers

\$7

Bring extra money for concessions and souvenirs.

Fri, Sep 29 6 – 9 p.m.

Teen Choice Movie

\$6.50

Fri, Oct 6 6:30 – 9 p.m.

Corn Maze

\$5

Fri, Oct 13 3 – 7 p.m.

Haunted House

\$5

Fri, Oct 20 6 – 9 p.m.

Loyal Heights Service Project: Halloween Carnival at Ballard CC

Free

Fri, Oct 27 4 – 9 p.m.

Loyal Heights Service Project: Dinner and a Movie

Free

Fri, Nov 3 6 – 9 p.m.

Gameworks

\$10

Fri, Nov 17 6 – 9 p.m.

Ice Skating

\$5

Fri, Dec 1 6 – 9 p.m.

Teen Dinner and a Movie at Loyal Heights

Free

Fri, Dec 8 6 – 9 p.m.

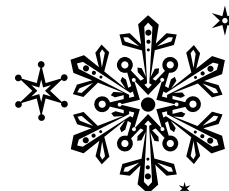
Loyal Heights Service Project: Dinner and a Movie

Free

Fri, Dec 15 6 – 9 p.m.

Winter Break Trips

Why sit around bored during Winter Break when you can come on one of the exciting trips during your school vacation?



Teen Choice Movie

\$6.50

Tue, Dec 19 2 p.m.

Supermall Shopping Trip

Come with us to the Supermall for your holiday shopping! Don't forget to bring spending money!

Wed, Dec 20 2 p.m.

Inner Tubing

\$20

Come with us to the Summit at Snoqualmie for a day of inner tubing. *This trip may be cancelled if conditions are poor.

Thu, Dec 21 9:30 a.m.

Ice Skating

\$5

Fri, Dec 22 2 p.m.





Adult Programs

Tai-Chi for Balance & Health \$115

A Class with Stephen Brown

Tai chi is practiced around the world as a way to improve balance and health in addition to its application as a martial art. Tai chi is an advanced form of Chigung, and regular practice cultivates energy, agility, and awareness. The simplified Tai chi form taught in this class was developed by Dr. Jiang Houquan from Yang style form.

You will learn:

- Basic breathing and visualization techniques
- Warm-up exercises for Tai chi
- Eight basic Tai chi forms

Stephen Brown L.Ac. is a shiatsu and acupuncture practitioner born and raised in Japan. He began his practice of Traditional Exercise Systems in 1980 in Japan. He traveled to China in 1984 to study Traditional Chinese medicine and Chigung. Stephen has taught Tai chi and Oriental medicine for 15 years in the Northwest.

Ages 16 and older

Instructor: Stephen Brown

Location: Room 2

Beginning Tai Chi

#9923 Wed 6:30 – 7:30 p.m. 9/20 – 12/20

Advanced Tai Chi

#9922 Wed 7:30 – 8:30 p.m. 9/20 – 12/20

Yoga

\$155

Would you like to learn the basics of Yoga? Could you use some relaxing time in your busy day? In this 12 week course you will learn basic breathing, meditation techniques, and the fundamental Yoga poses. You will build strength & flexibility. Questions encouraged, relaxation included. Bring a sticky mat and blanket.

Ages 16 and older

Location: Room 02

#9926 Thu 9:30 – 11 a.m. 9/21 – 12/14

No class 11/23

Stretch & Strength with Yoga \$98

Stretch and strength with YOGA! This fantastic class will focus on increasing strength and flexibility using the effective and timeless tradition of Yoga. We will work with connecting breath and movement inspiring a deeper sense of balance and inner peace. Appropriate for all levels. Bring a sticky mat and blanket.

Ages 16 and older

Instructor: Liziah Woodruff

#9921 Wed 5:30 – 6:30 p.m. 9/20 – 12/13

Fees: \$98

Location: Room 2

Russian Self-Defense \$45–1 day/wk*

Ancient, powerful and flexible martial arts. Its guiding principles are relaxation and improvisation. Registration open to beginning, intermediate, and advanced students, 15 years old or older.

Ages 18 and older

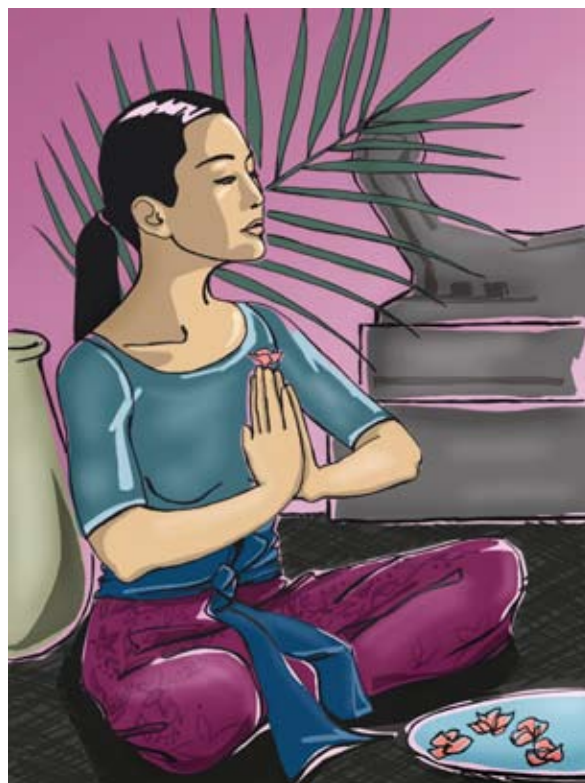
Instructor: Rick James

#9920 MTh 7 – 9 p.m. 9/18 – 12/11

No class 11/23

***2-days/week also available for \$90**

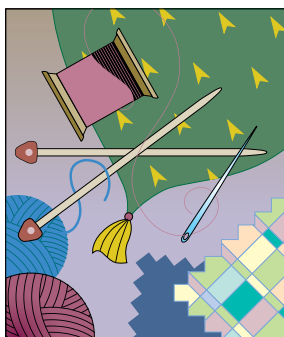
Location: Room 4



Adult Programs

Urban Sewing Lounge

\$100



Just learning to sew or want to learn? Have a project you want to start, just needing some encouragement to finish a project or wanting some creative company? This is the place for you! You choose your projects, and we are there to help you from

start to finish. You can bring your sewing machine or sign up to use one in class.

Ages 12 and older

Location: Room 03

#9925 Mon 6 – 8:30 p.m. 9/25 – 12/11

No Class 10/16/06, 10/23/06, 10/30/06

Caregivers Support Group

Free

First you cared about your adult relatives and loved ones. Now you are the caregiver. It's not easy, so join us for support every 1st and 3rd Tuesday at Loyal Heights. The group leader is a certified therapist, well experience in managing groups. For more information, call 206 264-2713 or e-mail caregiverseattle@hotmail.com

1st & 3rd Tuesdays

1:30 – 2:30 p.m.

Location: Room 1

Adult CPR with First Aid

\$55

Update your First Aid and CPR Certification. This class meets WISHA and OSHA requirements. To register call the American Red Cross: 206 323-2345.

Instructor: The American Red Cross

Sat, Oct 21 9 a.m. – 5 p.m.

Sat, Nov 18 9 a.m. – 5 p.m.

Sat, Dec 16 9 a.m. – 5 p.m.

Location: Room 1



Guitar or Singing Lessons for Adults

\$240

"Learn to play guitar, or sing at my age?" YOU BET! Once more: "YOU BET!" How about Bass Guitar, Blues Harp or Drums! A local professional artist brings his teaching expertise to Loyal Heights CC. You can learn beginning or continuing guitar or singing. If the instrument you want play is not listed please call Bruce to make arrangements for an instrument that fits your ability.

Call 206-684-4052 to register for private 30 minute weekly sessions. Lessons are 30 minutes

Fridays

4 – 9 p.m. Sep 22 – Dec 22

No Lessons 11/10 or 11/24



Private Piano and Organ Lessons for Adults

\$240

Learn to play the piano and organ from an experienced professional teacher in weekly 30 minute private lessons. Training includes sight-reading, technique, expression, theory, and chords. Individual 30 minute lessons will be arranged with instructor. Joyce has over 35 years of teaching experience and is a member of the Seattle Music Teacher's Association.

Ages 18 and up

Instructor: Joyce Bailey

Tue – Thu 5 – 8 p.m. Sep 19 – Dec 14

No classes Thanksgiving Week (11/20 – 11/24)

Location: Room 5

Adults

Adult Drop-in Sports Fee

The City of Seattle charges an Adult Sport Drop-in fee during all operating hours. This fee applies when space is reserved and advertised for scheduled adult sports drop-in programming.

Adults (Ages 18 – 64) \$2

Senior Adults (Ages 65+) \$1

Adult Drop-in Dodge Ball \$2

Drop by for dodge ball! Come alone or with friends to enjoy the latest adult craze!

Mondays 7 – 9 p.m.

Adult Drop-in Basketball \$2

Join us every Friday night for some pick-up basketball. This program will run all year long during these times.

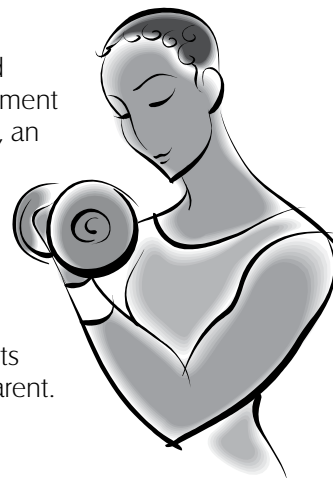
Fridays 7 – 9 p.m.

Weight Room

Lift those weights and pump that iron! Equipment includes a stairmaster, an elliptical trainer, a stationary bike, free weights, treadmill, and a circuit set.

Ages 18 and older.

The weight room is available to participants 16 and older with a parent.



Weight Room Operating Hours

Please note: hours subject to change.

MWF 1 – 8:45 p.m.

Tue/Thu 10:45 a.m. – 8:45 p.m.

Saturdays 10 a.m. – 4:45 p.m.

**Fees: \$20 per month; \$2 drop-in;
\$20 11-visit punch card**

Women's Basketball League \$450/team

Loyal Heights will have a Women's Adult Basketball League in the fall. A meeting will be held on 08/26/05. On that day, a \$100 deposit will be collected for each team to be included on the roster.

Games begin September 20.

Age: 18+

Wednesdays 6 – 9 p.m.



The Pro Parks Levy is Making a Difference in Your Community

With funding approved for this eight-year levy by Seattle voters in 2000, we're building new parks, enhancing maintenance, and expanding programs throughout the city. Our recreation facilities are providing innovative teen programs that enhance self-esteem and build life skills, more environmental education to increase awareness about the wonders that surround us, swimming lessons for all 3rd and 4th graders to make sure every Seattle child knows how to swim, a wider range of activities for seniors, and more.

We're cleaning and removing litter from our facilities and parks more often; expanding park maintenance in the summer months, when use is high; and working hard to maintain our valuable landscapes, trees, and other natural assets. Whether you prefer sports or quiet contemplation, there are more active play areas and passive park lands available for you.

New things are happening every day, so keep an eye out for Pro Parks Levy signs in your neighborhood!



Pro Parks Levy

Senior Adult Programs

Northwest Registration Info Classes/Special Events

Carol Baxter, Recreation Specialist
206-233-7138

Quarter Dates: Oct 2 – Dec 15

No classes: Nov 10, Nov 23, Nov 24

Make-ups: We encourage you to make up cancelled classes at any other site in the city. Please inform the instructor that you're making up the class.

Class Registrations: Begin September 18 at 9 a.m. by calling 206-233-7138.

All Class Payments: Please make checks payable to: **Senior Adult Advisory Council ('SAAC')**. Mail payments to: Senior Adult Programs, Attn: Carol – NW, 8061 Densmore Ave N, Seattle, WA 98103-4436. **New! Pay by credit card!** Just drop by your local community center or call us at 206-233-7138.

More information? For a complete listing of Senior Adult programs and events Citywide, call 206-684-4951 and order a copy of our latest brochure.

Senior Aerobics \$20 – 1 day/wk Age 50 and older

Join a friendly, low impact aerobics class that will help energize you. Body strengthening and stretching taught by certified instructor Laura Quandt.

Instructor: Laura Quandt

Location: Room 02

#11024 Thu 10:45 – 11:45 a.m. 10/5 – 12/14

Men's and Women's Circuit Training \$25 – 1 day/wk Age 50 and older

Gain strength and increase your endurance at the same time. Great for overall conditioning and fitness!

Instructor: Laura Quandt

#11015 Tue 9:30 – 10:30 a.m. 10/3 – 12/12

#11016 Thu 9:30 – 10:30 a.m. 10/5 – 12/14

Fees: \$25 – 1 day/wk; \$50 – 2 days/wk

Pickleball \$2 drop-in (65+ \$1) Age 50 and older

Learn this fun game that is played indoors and is a cross between tennis and ping pong. All equipment provided!

Wednesdays 12:30 – 2:30 p.m.

Greenwood Sound Steps Free Age 50 and older

Enjoy a walk around the neighborhood with friends! To register, call Mari at 206-684-4664.

Wednesdays 10:30 – 11:30 a.m. 10/2 – 12/15

Location: Greenwood Senior Center;
525 N 85th St

Lunch Club \$4 + meal Age 50 and older

Explore the hottest local foods with fun people. Register March 27 at 8:00am to reserve your seat (206) 233-7138. There is an automatic 17–20% gratuity on your table's tab. Each trip is \$4 paid in advance.

Meet at Ballard CC. at 11 a.m.

Register September 20 at 8 a.m. by calling 206-233-7138 (limited capacity).

Tue, Oct 10: Crabpot Restaurant (\$\$)

Tue, Nov 7: Saltie's on Alki (\$\$)

Tue, Dec 12: Red Crane Steak & Sushi at Club Hollywood (\$\$)

Movie & Lunch Mondays \$5.50/ea Ages 50 and older

Meet other silver screen fans and enjoy a movie with a themed lunch. Pre-registration required, call (206) 233-7138 for information.

Location: Ballard C. C. Captain Ballard Room

The Greatest Game Ever Played

#11019 Mon, Oct 16 10:15 a.m. – 1 p.m.

The Unsinkable Molly Brown

#11020 Mon, Nov 13 10:15 a.m. – 1 p.m.

Christmas with the Kranks

#11018 Mon, Dec 11 10:15 a.m. – 1 p.m.



Senior Adult Programs



Financial Planning **Free**

Estate planning specialist provides information about trusts, alternatives to probate, and options for reducing estate taxes. Bring your questions.

Tue, Oct 17 10:30 a.m. – Noon

Wreath Making **\$5**

Ages 50 and older

Deck the halls with bows of holly. Join us as we take fresh cut bows of holly, cedar, and pine to make wreaths or door ornaments to decorate for the holidays.

Location: Carkeek Park Environmental Learning Center Meeting Room

#11203 Thu, Nov 30 10 – 11 a.m.

Nature Walks and Hikes **\$5.50/ea**

Enjoy forests, streams, and more. Walk at your own pace for up to 1 1/2 hours. To register, call Oct. 2 at 8:00 a.m. Wear all terrain shoes. Rain or shine. bring a sack lunch, pick up is Ballard CC.

Location: Ballard van pick-up

Sammamish River Trail

Paved and level. Start at Marymoor. Bring sack lunch

Wed, Oct 25 10 a.m. – 2 p.m.

Seward Park

Paved and level. Lunch on your own in Columbia City.

Tue, Nov 7 10 a.m. – 2 p.m.

Camp Long

Paved and level. Lunch on your own in West Seattle.

Tue, Dec 12 10 a.m. – 2 p.m.

Volunteer Opportunities **Free**

Simple, one-hour, non-strenuous work and socializing. Bring a sack lunch; we provide drinks and treat. Name the park with which you'd like to assist. Van pick-up from Ballard Community Center. Register September 18 at 8 a.m.

Atlantic Street Nursery

Bring your own lunch.

Tue, Oct 3 10:15 a.m. – 1 p.m.

Carkeek Park

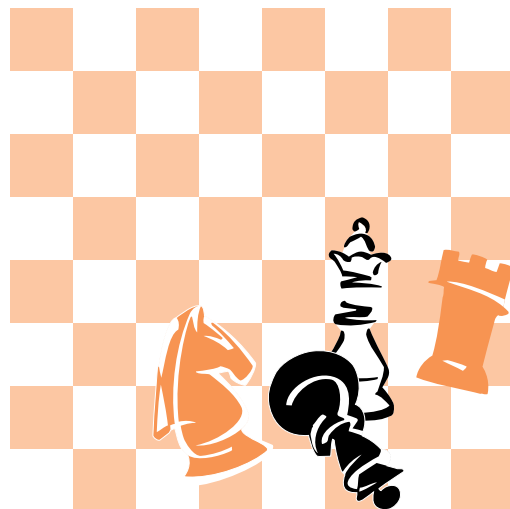
Tue, Nov 14 10:15 a.m. – 1 p.m.

Chess Tournament **Free**

A wonderful game of strategy-checkmate! All ages are welcome. The Fall International Chess Tournament will be held at Loyal Heights Community Center. Coffee, punch and treats provided. Matches will be set up in age brackets; winners will receive first place trophies. Bring a lunch and a chess set if you have one. Registration will happen at 9:00 am at the door. For more information call (206) 783-4935.

Ages All

Fri, Nov 17 2:30 – 4:30 p.m.



Senior Adult Field Trips

Dead Sea Scrolls

\$6

Discover the legendary Dead Sea Scrolls for yourself. Learn how science traced ancient history through modern technology, and experience the religious and cultural impact of the scrolls. Bring \$8 with you for admission. Have lunch at the center house afterwards.

Southbound.

Wed, Oct 4 9:15 a.m. – 1 p.m.

Bastyr University Tour

\$10

Bastyr University is known for its research in the study of natural healing. Tour the university and garden. After, enjoy a vegetarian lunch in the cafeteria after the tour- on your own. A suggested donation of \$5 is asked for the tour. Bring cash for your lunch, no credit cards accepted. **Northbound.**

Wed, Oct 11 10:15 a.m. – 1 p.m.

Seattle Repertory Theater: Doubt

\$20

John Patrick Shanley's 2005 Pulitzer Prize-winning *Doubt* (it also won the Tony Award as best play that same year) is a riveting exploration of paranoia and suspicion in the Catholic Church. Set in a Bronx parochial school in 1964 — just as the Vatican II reforms begin to transfigure the Church — evidence of a priest's wrongdoing comes to light. Sister Aloysius, a strict school principal and traditionalist nun, faces the decision of a lifetime: Does she openly accuse a priest and give voice to her fear of his sinful actions, or does she bury her suspicions and leave room for doubt? This intense and personal power struggle between Sister Aloysius and Father Flynn ultimately calls into question both faith and justice in the shadows of this cloistered institution. **Southbound.**

Wed, Oct 18 1:20 – 4 p.m.

Seattle Premium Outlet Stores and Tulalip

\$6

Find great deals at the many outlet stores where we will spend our morning. Then we will head to the casino for lunch, with a little time for playing. **Northbound.**

Wed, Nov 1 9:30 a.m. – 3 p.m.

Fall Colors Tour

\$12

View part of the beautiful Cascade Mountain Loop as we see the fall colors. We will head just over Stevens Pass to Lake Wenatchee to stretch our legs with a short walk. We will stop for lunch (on your own). **Northbound.**

Wed, Nov 8 9 a.m. – 3:30 p.m.

Poinsettias and Lights

\$10

We're heading out for a day of Christmas festivities. First we'll head to Molbak's for the Festival of Poinsettias, then onto Wright's Nursery in Lynnwood. We'll stop for an early dinner (on your own), then weave our way home to see Christmas Light displays. **Northbound.**

Wed, Dec 13 2 – 7 p.m.

Holiday Carol Singing

Free

Spread some joy to others this holiday season. Join us as we sing at area nursing homes. You don't have to be a great singer to come and be part of the fun. Song books and refreshments provided. **Northbound.**

Van pickup from Bitter Lake at 12:15 p.m., Northgate at 12:30 p.m.

Thu, Dec 14 12:30 – 3 p.m.

Trip Registration Information

Payment must be received 5 working days prior to departure.

Make checks payable to: SAAC. Mail

checks to: Senior Adult Programs, Attn: Carol – NW, 8061 Densmore Ave N, Seattle, WA 98103-4436. **Note:** Trip times/costs/destinations are subject to change. **On all trips, lunch is on your own.**

Trip Registration: Register by calling 206-233-7138 at **8 a.m. on the date listed** for each trip. You may sign up yourself and one other person. When you call, please leave your name, phone number, name of trip, and pick-up site. You'll be called back **only** if you're on the wait list.

Van Pick-up: Northbound – leaves Ballard CC 30 minutes before time listed. **Southbound** – leaves Ballard CC at time listed.

Ballard Pool • 1471 NW 67th Street • 206-684-4094

Monday & Wednesday

- 6:00 – 7:30 a.m.* Early Morning Lap Swim
- 11:10 – 11:55 a.m. Water Exercise
- Noon – 1:15 p.m. Adult & Senior Swim
- 1:30 – 2:30 p.m. 3-Lane Lap Swim
- 3:15 – 4:30 p.m. Seattle Public Schools – BHS (ends Feb 10)
- 4:30 – 6:00 p.m. Salmon Bay Aquatics (Mon only)
- 4:30 – 5:30 p.m. Kinder & Youth Lessons
- 5:00 – 6:00 p.m. Public Swim (Wed only)
- 6:00 – 6:30 p.m. Kinder & Adv Youth Lessons
- 6:30 – 7:00 p.m. Youth & 3 Yr Old Lessons
- 7:00 – 7:30 p.m. Kinder Lessons (Mon only)
- 7:00 – 7:30 p.m. Youth & 3 Yr Old Lessons (Wed only)
- 7:30 – 8:00 p.m. Pre-Competitive & Private Lessons
- 7:30 – 8:30 p.m. Masters Workout
- 8:00 – 8:30 p.m. Private Lessons (Mon OR Wed)
- 8:30 – 9:30 p.m. Adult & Senior Swim

Tuesday & Thursday

- 6:00 – 7:30 a.m.* Early Morning Lap Swim
- 11:00 – 11:30 a.m. Kinder Lessons
- 11:10 – 11:55 a.m. Water Exercise
- 11:30 – Noon Tot Lessons (Thu Only)
- Noon – 1:15 p.m. Adult & Senior Swim
- 1:30 – 2:30 p.m. 3-Lane Lap Swim
- 1:45 – 2:15 p.m. Kinder Swim Lessons
- 2:30 – 3:30 p.m. Lap Swim
- 3:15 – 4:30 p.m. Seattle Public Schools – BHS (ends Feb 10)
- 4:30 – 5:30 p.m. Salmon Bay Aquatics
- 5:30 – 6:00 p.m. Kinder Swim Lessons
- 5:30 – 6:00 p.m. 3 yr. old lessons (Tue OR Thu)
- 6:00 – 6:30 p.m. Youth & Spec. Pops Lessons
- 6:30 – 7:00 p.m. Kinder & Youth Lessons (Tue only)
- 6:30 – 7:00 p.m. Kinder lessons (Thu only)
- 6:30 – 7:00 p.m. 3 Yr Old Lessons (Tue OR Thu)
- 7:00 – 7:30 p.m. Tot Lessons (Tue OR Thu)
- 7:00 – 7:30 p.m. Adv. Youth Lessons (Tue OR Thu)
- 7:30 – 8:30 p.m. Family Swim (Tue Only)
- 7:30 – 8:30 p.m. Lap Swim (Thu Only)
- 8:30 – 9:30 p.m. Water Exercise
- 8:40 – 9:25 p.m. Hydrofit

Friday

- 6:00 – 7:30 a.m.* Early Morning Lap Swim
- 11:10 – 11:55 a.m. Water Exercise
- Noon – 1:15 p.m. Adult & Senior Swim
- 1:30 – 2:30 p.m. 3-Lane Lap Swim
- 3:15 – 4:30 p.m. Seattle Public Schools – BHS (ends Feb 10)
- 4:30 – 6:00 p.m. Salmon Bay Aquatics
- 5:30 – 6:30 p.m. Lap Swim
- 6:30 – 7:00 p.m. Kinder & Youth Lessons
- 7:00 – 8:00 p.m. Public Swim

Saturday (Lessons Only)

- 10:00 – 10:30 a.m. Kinder Diving
- 10:00 – 10:30 a.m. Adult (Beg & Int) Lessons
- 10:30 – 11:00 a.m. Kinder & 3 Yr Old Lessons
- 10:30 – 11:15 a.m. Diving I
- 11:00 – 11:30 p.m. Youth, 3 Yr Old, & Private Lessons
- 11:15 – 12:15 p.m. Diving II
- 11:30 – Noon Tot, Private, & 3 Yr Old Lessons

*Private Rentals available on Saturdays (see below)

Sunday

- 11:30 a.m. – 1 p.m. 4-Lane Lap Swim
- 1:00 – 2:00 p.m. Water Exercise
- 1:10 – 1:55 p.m. Hydrofit
- 2:00 – 3:00 p.m. Public Swim
- 3:00 – 3:30 p.m. Tot, Private, & 3 Yr Old Lessons
- 3:00 – 4:00 p.m. Synchronized Swimming Lessons ***New Time***
- 3:30 – 4:00 p.m. Kinder & Adv Youth Lessons
- 4:00 – 4:30 p.m. Youth & Private Lessons
- 4:30 – 5:30 p.m. Family Swim
- 5:30 – 7:00 p.m. Adult & Senior Swim

Rental Info

Rent the Ballard Pool
for your next party!

Fun, Fun, Fun, in your own private setting. Have all your friends enjoy the rope swing, slide, spa – and rent the lobby to continue the party! Private rentals are available on Saturdays.

Call (206) 684-4094 to
request your party
date.

*Admission to Early Morning Lap Swim is by Recreation Swim Card Only.

Program cancelled 12/20, 12/22, 12/27, 12/29 due to Winter Break Public Swims

Registration Information

Lessons Fee 3 Y/O Fee

Sunday Only Classes

S1 11/12 – 12/17 6 \$30 \$48

Monday & Wednesday Classes

S1 Nov 13 – Dec 20 12 \$60 N/A

Tuesday & Thursday Classes (*no class 11/ 23)

S1 Nov 14 – Dec 21 11 \$55 N/A

Monday Only Classes

S1 Nov 13 – Dec 18 6 \$30 \$48

Tuesday Only Classes

S1 Nov 14 – Dec 19 6 \$30 \$48

Wednesday Only Classes

S1 Nov 15 – Dec 20 6 \$30 \$48

Thursday Only Classes (*no class Nov 23)

S1 Nov 16 – Dec 21 5 \$25 \$40

Friday Only Classes (*no class Nov 24)

S1 Nov 17 – Dec 15 4 \$20 \$32

Saturday Only Classes

S1 Nov 18 – Dec 16 5 \$25 \$40

3 Year Old Lessons: \$8 per class

Kinder Lessons

Sun*	3:30 – 4 p.m.	Tue+	6:30 – 7 p.m.
Mon/Wed+	6 – 6:30 p.m.	Wed+	4:30 – 5 p.m.
Mon*	7 – 7:30 p.m.	Thu*	6:30 – 7 p.m.
Tue/Thu◆	11 – 11:30 a.m.	Fri+	6:30 – 7 p.m.
Tue/Thu*	5:30 – 6 p.m.	Sat*	10:30 – 11 a.m.
*K1 – K4		+K1 – K3	◆K1 & K2

Diving

Sat	10 – 10:30 a.m.	Kinder Diving
Sat	10:30 – 11:15 a.m.	Diving I
Sat	11:15 a.m. – 12:15 p.m.	Diving II

Youth Lessons

Ages 6 to 14

Sun+	3:30 – 4 p.m.	Wed★	4:30 – 5 p.m.
Sun*	4 – 4:30 p.m.	Wed*	7 – 7:30 p.m.
Mon/Wed◆	6 – 6:30 p.m.	Thu+◆	7 – 7:30 p.m.
Mon/Wed*	6:30 – 7 p.m.	Fri*	6:30 – 7 p.m.
Tue★	6:30 – 7 p.m.	Sat+◆	10 – 10:30 a.m.
Tue/Thu*	6 – 6:30 p.m.	Sat*	11 – 11:30 a.m.
Tue+◆	7 – 7:30 p.m.		
*L1 – L4	★L1 – L3	*L2 – L5	+L5 ◆L6

Adult Lessons (Beg & Int)

Sat 10 – 10:30 a.m.

Pre-Competition

Mon/Wed 7:30 – 8 p.m. Sat 10 – 10:30 a.m.

Private Lessons

Sun	3 – 3:30 p.m.	Wed	8 – 8:30 p.m.
Sun	4 – 4:30 p.m.	Thu	7 – 7:30 p.m.
Mon	8 – 8:30 p.m.	Sat	11 – 11:30 a.m.
Tue	7 – 7:30 p.m.	Sat	11:30 a.m. – Noon

Register for Private Lessons at Ballard Pool.

Fall Session: Tue, Nov 7 @ 6 p.m.

Winter Session: Wed, Jan 3 @ 6 p.m.

Special Populations

Register for Special Populations Lessons at Ballard Pool.

Tots

Ages 6 mos. to 3 yrs.

Sun	3 – 3:30 p.m.	Thu	11:30 a.m. – Noon
Tue	7 – 7:30 p.m.	Thu	7 – 7:30 p.m.
		Sat	11:30 a.m. – Noon

Three Year Old Lessons

Sun	3 – 3:30 p.m.	Wed	6:30 – 7 p.m.
Mon	6:30 – 7 p.m.	Wed	7 – 7:30 p.m.
Mon	7 – 7:30 p.m.	Thu	6 – 6:30 p.m.
Tue	11:30 a.m. – Noon	Thu	6:30 – 7 p.m.
Tue	5:30 – 6 p.m.	Sat	10 – 10:30 a.m.
Tue	6 – 6:30 p.m.	Sat	10:30 – 11 a.m.
Tue	6:30 – 7 p.m.	Sat	11 – 11:30 a.m.
		Sat	11:30 a.m. – Noon

Fall 2006 Registration

Please note new procedure.

WHAT is Going On?

Fall Swimming Lesson Registration at the Ballard Pool.

WHO Can Register?

Everyone! All current and new participants in our Lesson Program will be able to register at the same time. Beginning July 24 you can see the availability of all Fall Lessons on the internet. Go to www.seattle.gov/parks and click Try SPARC.

WHEN is Registration?

Registration begins **Monday, August 14 at 7 a.m.**

ONLINE and at 10 a.m. at Ballard Pool. If you choose to come in person to register when we open, please be aware that other people will have already begun to register at 7 a.m.

WHERE Can You Register?

You will be able to register anywhere that you have access to the internet. **Before** you register online you will need a barcode (similar to a user name) and a pin number (similar to a password). You can also register on site at the Ballard Pool.

HOW Do I Get a Barcode and Pin Number?

If you created your own account through SPARC you may already have this information. If your account was created by us at the pool, you will need to obtain this information through us by showing the cashier proof of identification and receiving your barcode and pin number from the cashier. If you have an email address on file as part of your account, you will be able to go the SPARC website and click the link **"Help! I don't have my barcode or pin!"**

General Information

Register Online!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at **www.seattle.gov/parks**, where you can find our seasonal brochures and register for many of our courses online.

Rentals

For information about room rentals, please view our facility rental brochure at **www.seattle.gov/parks/reservations/Facrentalguide.htm**.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, gender, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

Accommodation for people with disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call 206-615-0140 or TDD 206-684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at **www.seattle.gov/parks**, or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for youth/adults with disabilities, please call 206-684-4950.

Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express.

Please make checks and money orders out to CITY OF SEATTLE.

Please Note: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.) You may also pay for many classes online; visit **www.seattle.gov/parks**.

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.

- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.

Fees and charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include a user fee paid to Seattle Parks and Recreation to defray operating costs. Class and program fees include Washington State sales tax where applicable.

Waiting lists

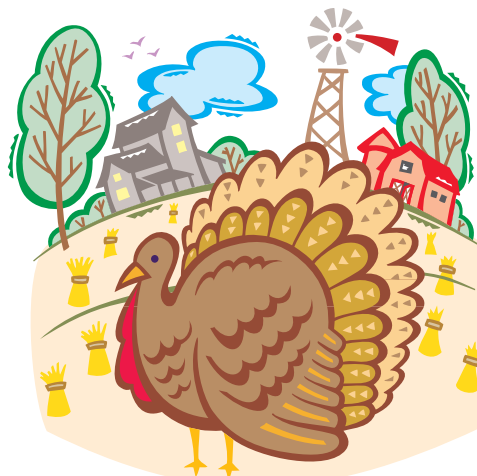
We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.



Seattle Parks And Recreation Program Registration Form

in partnership with the Associated Recreation Council



**SEATTLE PARKS
AND RECREATION**

This form is for non-childcare and non-athletic programs only. Ask recreation staff for those forms as needed.

Registration Procedures:

1. Please complete registration form entirely.
2. Payment **MUST** accompany registration.

Family Information: (Please complete for the adult who is financially responsible for the family account.)

(ADULT) Name:

Last

First

MI

Sex: Male Female

(Circle One)

(ADULT) Birthdate: ____/____/____ Email Address: _____
mm/dd/yyyy

Street Address: _____ City: _____ State: _____ ZIP: _____

Phone - eve: (____) _____ day: (____) _____ other: (____) _____

Family Emergency Contact: _____ (____) _____
Name Phone Relation

☐ **PARTICIPANT** info differs from above. How does it differ? _____

PARTICIPANT (please print full name)	M/F	BIRTHDATE (mm/dd/yyyy)	COURSE TITLE (Non-Day Camp Activities ONLY)	1 ST CHOICE		ALTERNATE		AMOUNT
				DATE(S)	START TIME	DATE(S)	START TIME	
								\$
								\$
								\$
								\$
*Acceptance of this request does not guarantee enrollment into a class (see back for more information).								\$
TOTAL								

How would you like to pay?

Person making payment

(required for proper refunding)

☐ Cash (Please do not send cash through the mail.)

☐ Check or Money Order #

☐ Visa ☐ Mastercard ☐ American Express

Staff Use Only

Authorization (Ref#) _____

For
mail-in
only

Card #: _____ Expires: _____

Name as it appears on card: _____

Signature: _____

**PLEASE INCLUDE
PAYMENT**

ASSUMPTION OF RISK AND RELEASE: I hereby give my consent as a participant or for the above-named participant(s) to participate in the program(s) listed above being conducted or co-sponsored by Seattle Parks and Recreation and declare that I will not hold the City of Seattle, Seattle Parks and Recreation, Seattle Parks and Recreation's employees, Advisory Council, or any volunteer associated with the program, responsible for any injuries, damage or personal loss incurred while participating in said program(s).

Signed: _____ Date: _____

For Office Use Only:

Do You Have Any Program or Event Ideas? — We Want to Hear from You!

The Loyal Heights staff would love to hear your ideas for new programs and special events. Part of what makes a community strong and vibrant is community involvement and input. Please take a moment to write down a program or event idea in the box below. You can drop it off at our front desk or send it in the mail. Thanks for helping us create diverse and vibrant programs at Loyal Heights!

We Want to Hear from You!



Loyal Heights Facility Rentals

Loyal Heights Community Centers has several rooms for rent including two upstairs rooms with beautiful wooden floors and territorial views of the park grounds; a gym; and a weight room. We can accommodate both small groups and larger groups of up to 100 people. Rent Loyal Heights Community Center for your special event or meeting. **Toddler play packages are also available.**

Contact Loyal Heights Community Center Staff at 206-684-4052 for cost and availability. If Loyal Heights Community Center does not suits your needs, visit the Seattle Parks and Recreation website at www.seattle.gov/parks/reservations/Facrentalguide.htm. There are over 20 great locations that can be rented throughout the Parks Department.

Loyal Heights Community Center
2101 NW 77th Street
Seattle, WA 98117-4324
206-684-4052

PRESORTED STANDARD
U.S. POSTAGE
PAID
SEATTLE, WA
PERMIT #900

ECRWSS
Postal Customer



Visit us at www.seattle.gov/parks